

## **St. Peter's Catholic Voluntary Academy** **(Part of the St. Thomas Aquinas Catholic Multi-Academy Trust)**

Mill Lane, Earl Shilton, Leicestershire, LE9 7AW Tel: (01455) 843840 e-mail: admin@stpetersprimary.org

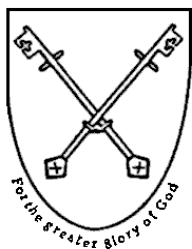


It can be an anxious time preparing your child for school. Please don't worry! We are always here to answer your questions and help with any concerns you might have. There is no definitive list of things that a child should be able to do before they start school but there are lots of things you can do to help get them ready.

We have prepared this list of ideas (many of which they might be able to do already!):

- Talk regularly about the excitement of starting school and about what your child's expectations, fears and worries may be.
- Take a walk past the school if you are close enough to do so-and give us a wave!
- Read some books about starting school (see the list later on for ideas).
- Keep in touch over the summer with any children you know who will be in your child's class - arrange a couple of play dates if possible.(in the current climate this might be a facetime call!)
- Model good social skills for your child, for example, smiling, making eye contact, sharing, being helpful and kind. Encourage them to practise these skills with you, other family members and friends.
- Talk about problem solving, for example, what to do if we are hurt, worried or unhappy. Stress to your child the importance of never being afraid to ask for help or to let an adult know if something has happened that has made them unhappy.
- Once you have purchased uniform - label everything! Iron-on or sew-in name tapes are best, but if you choose to write on labels with a biro or marker, remember that this fades as the garment is washed. It also helps if your child sees you label their belongings so that they know what the label looks like and where on the item you stick it!

**Headteacher: Mrs. H. White BA (Hons) NPQH**

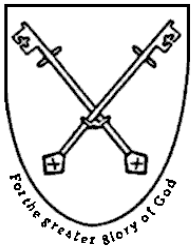


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- Make sure your child can go to the toilet independently, including pulling pants and trousers up and down and wiping themselves afterwards.
- Teach good hand washing habits.
- Help your child to use a knife and fork correctly and to drink from a cup without a lid. If your child will be having a packed lunch, make sure they are able to insert straws into juice boxes and open packets or yoghurt pots without help.
- Practise dressing and undressing independently. Children can get distressed if they are always the last person to be ready for PE, so the ability to change independently is really important. Practice buttons, zips and taking shoes off and putting them back on again!
- Don't try and force your child to learn their sounds or numbers unless they show a genuine interest in doing so. If you push them before they are ready you can risk turning them off learning.
- Teach your child to pay attention, listen well and respond appropriately. The best way to do this is by talking. Talk about everything, for example, what you can see on a day out, what you have just read in a book, the plans you have made for tomorrow, what you did yesterday.
- Read to and with your child every day. Encourage a love of books, and make sure your child knows how to handle a book, that pages turn from right to left and that the print on the page is what tells the story.
- Help your child to recognise their own name. Write it on pieces of card or paper, using a capital for the initial and lower case for the other letters (e.g. 'Poppy' not 'POPPY' or 'poppy').
- You can also help your child to write their own name if you feel they are able. Again, they should practise doing this using a capital initial and lower case for the remaining letters. They can write with a pen, pencil, paintbrush, or with their finger in sand, shaving foam or on a steamy window!
- In school your child will begin to learn the sounds made by the letters of the alphabet, for example 'a' rather than 'A', so if they are keen to move on you can talk about these, perhaps using an alphabet poster or frieze.

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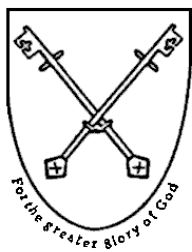
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- Practise counting objects during games, tidy up time, baking activities and so on. Encourage your child to touch or move each object and say the number name as they count. If your child is keen, you can move onto recognising the numbers from 1 to 10, perhaps using flashcards or a number game.

Most of all, please don't worry! We are very used to getting children at many different stages and are skilled at working out what their next steps need to be.

The EYFS team @ St Peter's R C Primary School.

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Books about starting school:

### **Starting School**

by Janet and Allan Ahlberg

### **I Am Too Absolutely Small for School (Charlie and Lola)**

by Lauren Child

### **Starting School (First Experiences with Biff, Chip and Kipper)**

by Roderick Hunt and Annemarie Young

### **Topsy and Tim Start School**

by Jean Adamson

### **Starting School**

by Caryn Jenner

### **Going to School (Usborne First Experiences)**

by Anna Civardi

### **Whiffy Wilson – The Wolf Who Wouldn't Go to School**

by Caryl Hart

### **Come to School Too, Blue Kangaroo!**

by Emma Chichester Clark

### **A First Look at Starting School: Do I Have to Go to School?**

by Pat Thomas

### **Billy and the Big New School**

by Laurence Anholt and Catherine Anholt

### **Going to Nursery**

by Laurence Anholt and Catherine Anholt

### **Chu's First Day of School**

by Neil Gaiman

### **Harry and the Dinosaurs Go to School**

by Ian Whybrow

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